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Vancouver metro

JENNER A 'HERO' TO FAMILY

metroLIFE

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Skaters gonna skate

Geoff Dermer performs a trick at a Sunday rally in Mount Pleasant Park. The Vancouver Park Board is considering demolishing the skateboard spot. Story, metroNEWS. TEREZA VERENCA/FOR METRO

Tracking city's vacant homes

Official wants a website for reporting empty houses

Matt Kieltyka
Metro | Vancouver

The city wants to develop a website that would allow residents to report vacant homes.

The news comes from an April 20 memo sent to mayor and council from the city's chief housing officer, Mukhtar Latif, who was asked to look into the issue of vacant homes during the city's housing crisis.

Latif outlined the lack of data and limited research available, and writes a website that allows the public to report vacant homes would be helpful.

"We've all heard people asking why Vancouver is so expensive and telling us to look at all these empty houses. It's a persistent question, so let's get to the bottom of it," Coun. Kerry Jang said.

Jang said he often receives feedback from frustrated residents blaming vacant homes and prospective foreign owners on Vancouver's high housing prices, but the city is unsure whether those claims are justified and to what extent. Jang said he personally is unsure whether those claims are true.

Latif's memo cites two studies that try to get a handle on the issue. Using 2011 census data, the Urban Futures Institute reported 6.7 per cent of the city's apartment dwellings are unoccupied (it's seven per cent across all Canadian metro areas).

Bing Thom Architects' Andy Yan studied 2009 hydro data and surmised five to eight per cent of downtown condos are "dark".

The city says it has had difficulty identifying data sources that can provide exact numbers, though it is working with Canadian Mortgage and Housing Corporation (CMHC) to try to understand the issue.

The Vancouver Affordable Housing Agency has also issued a request for proposals from consultants to help investigate vacant housing. If the data shows vacant homes are contributing to rising housing costs and low rental supply, Jang said the city would look for solutions with provincial and federal partners.

Other jurisdictions, including Australia and the United Kingdom, have experimented with restrictions and additional levies on foreign ownership of real estate.

According to CMHC's 2014 market rental report, the city's rental vacancy rate is just 0.5 per cent.

HOUSING

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Your essential daily news

Forgotten pyramids: Sudan's monument site deserted amid sanctions

Café to hold Nepal relief events

DISASTER

Money going to Red Cross and Educate The Children

Tereza Verenca
For Metro | Vancouver

Abi Sharma, left, and Pradeep Sharma, owners of Café Kathmandu on Commercial Drive, will donate 100 per cent of the proceeds from whatever is sold on April 30 and May 7. TEREZA VERENCA/FOR METRO

A business on Commercial Drive is hosting a couple of fundraisers over the next few weeks to help those affected by the 7.8 magnitude earthquake that hit Nepal on Saturday.

The owners of Café Kathmandu plan to donate 100 per cent of their proceeds from whatever is sold on April 30 and May 7. The money will be split between the Red Cross and Educate the Children, a U.S.-based charity.

"We've seen such humanity in the last few days, getting emails, texts and phone calls," said owner and first-generation Canadian immigrant Abi Sharma, who was recently in Nepal to visit family on the east coast.

The Vancouverite received the news about the earthquake while en route home from his month-long travels to the Asian country.

"I was actually in the airport in Honolulu, waiting to board when I found out. I had only five minutes until we were taking off, so I was completely cut off after that," he told Metro. "I didn't sleep that night at all. I just cried and cried."

Pradeep Sharma, who also works at the café, was given the news from his roommate.

"He had a sister, who experienced the earthquake while on the phone with him," Pradeep explained.

"The phone cut off so then he called me and told me. I didn't trust him, so I went to Google and saw it all over social media."

Abi Sharma added when he landed on Canadian soil, he didn't want to be alone.

"I live somewhere else, but I couldn't be by myself, so I went to see Pradeep," he said of his distant relative.

Despite the devastation, Nepal is experiencing, Sharma's said he's confident his people will "bounce back."

"Their resiliency is reactively very high. Hardship is the only thing they know," he added.

While all his immediate family members were not harmed during the earthquake, Sharma said he carries something he calls "survivor's guilt."

"Here I am, in a safe environment, but my own mother is in harm's way; the person who brought me to this planet, but I guess that's a human feeling."

Café Kathmandu, located at 2779 Commercial Drive, is open from 4 to 11 p.m. every day.

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Search and rescue team ready to assist in Nepal

EARTHQUAKE

HUSAR awaits the call to join relief efforts in disaster zone

Matt Kieltyka
Metro | Vancouver

Vancouver's Heavy Urban Search and Rescue (HUSAR) team is prepared to fly to Nepal should Canada deploy it to the earthquake-hit nation.

More than 3,000 people are dead after a 7.8 magnitude earthquake, Nepal's worst in 80 years. It hit near the national capital, Kathmandu.

Canada has already said it will send a Disaster Assistance Response Team and contribute $5 million to relief efforts in the South Asian country.

Vancouver Fire and Rescue Services spokesman Capt. Brian Hutchinson told Metro that its specialized HUSAR team is currently on standby should Canada Task Force 1, as it's called, be deployed by the federal government.

Up to 100 personnel are prepared to conduct searches for survivors, assist with purifying water or lending a hand to humanitarian efforts, Hutchinson said.

"The size of the deployment would be dependent on what they're called on to do," he said. "As it stands now, they're on alert in the event the Canadian government chooses to provide that kind of support."

Vancouver's HUSAR team, one of five in the country, has assisted internationally in New Orleans after Hurricane Katrina in 2005.

It also helped in Calgary during the flood in 2013 and was sent to Johnsons Landing, B.C. after the massive landslide in 2012.

Hutchinson said the team remains operational despite Ottawa's controversial decision to strip the country's five HUSAR teams of federal funding in 2012 when it axed the Joint Emergency Preparedness Program.

"It's difficult when you have to meet standards set by the [United Nations] for rapid deployment, but have less money for training and equipment," Hutchinson said. "We've been lobbying to get that funding back, but the city and Fire and Rescue Services have had to shoulder those costs."

The special operations team is made up of members with medical, fire suppression, emergency response, search and rescue and engineering backgrounds. The team is trained in rescuing victims from major structural collapses and other hazards.

WITH FILES FROM THE CANADIAN PRESS

Members of Vancouver's Heavy Urban Search and Rescue squad practise rescuing a dummy trapped under earthquake wreckage. HUSAR is the only Canadian team certified to deploy around the world by the United Nations. EMILY JACKSON/METRO FILE

> **As it stands now, they're on alert in the event the Canadian government decides to provide that kind of support.**
>
> Capt. Brian Hutchinson, spokesman, Vancouver Fire and Rescue Services

BACKGROUND

Controversial cuts

Vancouver's elite search and rescue team remains functional despite losing its federal funding in 2012, when the Joint Emergency Preparedness Program was cancelled.

ORGANIZED CRIME

Biker handed five-year sentence

A senior member of the Hells Angels in Nanaimo has been sentenced to five years in prison for the extortion of his former buddy.

Robert Frederick Widdifield, 63, was found guilty on Dec. 16 of extortion and theft against J.H., his former friend and business associate.

During sentencing last week, B.C. Supreme Court Justice Robin Baird found that Widdifield played the role of instigator and superintendent in a criminal enterprise comprising himself and three others.

"The goal of this enterprise was to coerce the complainant by threats, intimidation and violence into handing over money and property to which they had no right or lawful claim, including a 37-foot Bayliner yacht called Dream Chaser," the judge said. He added the offences were committed at Widdifield's direction.

"His emissary was a more junior club member, Rajinder Sandhu. His instructions were to intimidate the complainant, administer beatings if necessary, and exact payment of a debt owed by J.H. to a person named Crooks," the judge said.

Sandhu was also directed to collect a "stupid tax" for J.H.'s alleged unauthorized use of the Hells Angels name and reputation to dissuade Crooks from pursuing her money, Baird said.

The judge found Widdifield and Sandhu were joined by Robbie Lajeunesse and Jeffrey Andrew Benvin, who were also arrested after J.H. reported the matter to police.

"He fears for his life," the judge said of J.H. He ordered Widdifield to pay restitution of $120,000. NEAL HALL/FOR METRO

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CHILD MURDERER

Case may test new Tory law

A prosecutor's rare tactics to block a British Columbia man who murdered his three children from gaining some freedom is laying the groundwork for a possible test of the Conservative government's tough-on-crime agenda.

The Crown will be gathering an update on the mental state of Allan Schoenborn at the same time as the prosecutor opposes his limited release being sought by doctors when his annual review resumes on Wednesday.

Schoenborn's horrific crime was pushed back into the national spotlight when Prime Minister Stephen Harper used the case in 2013 to bolster amendments to the Criminal Code.

Harper promised his legislation would ensure that people too dangerous to be released would no longer be a threat to their victims. Those watching the case believe prosecutors are manoeuvring to seek the bill's new high-risk designation for Schoenborn, which would be a first for the province and the most high-profile use of the new laws to date.

"It certainly seems like a much more aggressive approach has been taken," said Scott Hicks, Schoenborn's lawyer, referring to the Crown's strategy. "My guess is that they're considering it."

> **It certainly seems like a much more aggressive approach.**
> Lawyer Scott Hicks

Schoenborn was declared not criminally responsible on account of a mental disorder, or NCRMD, for stabbing his daughter and smothering his two sons in their Merritt, B.C., home in April 2008. A B.C. Supreme Court judge found he was likely suffering from a psychotic state.

He has been held in custody at a psychiatric hospital in suburban Vancouver ever since.

The hearings began in February and are scheduled for up to three more days this week.

Any high-risk application made later to B.C. Supreme Court would rely on data about the person's current mental condition, his past and expected course of treatment, and opinions of examining experts, said Crown spokesman Neil MacKenzie.

THE CANADIAN PRESS

A view of the upper Jumbo Valley from a rock outcropping near the top of Glacier Dome. This is near the site of a proposed teahouse and the top terminal of the proposed Glacier Dome gondola. CONTRIBUTED

Jumbo resort ordered to halt work in hazard zone

'RED ZONE'

Two buildings being erected in avalanche area: Province

Matt Kieltyka
Metro | Vancouver

British Columbia's Environmental Assessment Office has ordered construction of two buildings at the proposed Jumbo Glacier Resort to stop.

According to an April 24, 2015 letter from the office's compliance and enforcement department (EAO C&E), the day lodge and service buildings currently under construction are located within an avalanche hazard area and breach the conditions of the resort's environmental assessment certificate.

"I am ordering … that (Glacier Resorts Ltd.) cease construction of the structures of the Day Lodge Location and Service Building Location in order to minimize the extent of non-compliances," writes Autumn Cousins, manager of compliance. "It is EAO C&E's view that it is not possible for GRL to achieve compliance with condition 36, with the two structures as currently located. The potential harm with respect to human safety would be high if built without constraints and/or mitigations."

According to a report by Dynamic Avalanche Consulting, the majority of the service building is located within the high-risk "red zone."

The majority of the day lodge's foundation was found to be located in the moderate-risk "blue zone," the report concluded.

The developer notified the office that it is committed to implementing the recommendations of the report, including reinforcing the day lodge and turning the services building into a storage building that wouldn't be accessible in the winter.

But the office notes in the order that any buildings at those sites would still be non-compliant.

Jumbo Glacier Resort received an environmental assessment certificate in 2004 that included 195 legally binding conditions.

Environmental groups and First Nations oppose the East Kootenays project because is located within sensitive grizzly bear habitat in the Purcell Mountains.

The $1-billion year-round mega resort, located 250 kilometres from Calgary, was originally proposed in 1991 but was stalled by two decades of political wrangling and doubt over financing.

Jumbo was incorporated as a municipality, with an appointed mayor and council, in late 2012, and last week came under attack by the NDP opposition for receiving provincial funding despite having a population of zero.

LAB TRIALS

Vancouver-created Ebola drug cures monkeys

Thandi Fletcher
Metro | Vancouver

An experimental Ebola drug made by a Metro Vancouver pharmaceutical company has successfully cured three monkeys infected with the virus during laboratory trials, offering early promise in the fight against the deadly outbreak in West Africa.

TKM-Ebola, an antiviral drug manufactured by Burnaby-based Tekmira Pharmaceuticals, is the first treatment shown to be effective against the Makona strain of Ebola that is responsible for the ongoing epidemic in West Africa, said Thomas Geisbert, an Ebola expert and senior author of the study recently published in the journal Nature.

"This is the first study that anybody has done to show that we can completely protect monkeys against this outbreak strain of Ebola," Geisbert told Metro.

In the study, scientists infected six rhesus monkeys with the Makona strain. Three days later, three received an infusion of the Tekmira drug. The treatment, made up of "small-interfering RNAs," works by binding to two of the virus's seven genes, preventing the virus from replicating.

The three monkeys that received the drug survived, while the three untreated monkeys died, according to the study.

Geisbert said the Tekmira drug is particularly promising as it can be adapted quickly to target any strain of Ebola and produced in as little as six to eight weeks. Another drug, ZMapp, which has also cured monkeys in lab experiments but with strains of Ebola different from the one responsible for the West Africa epidemic, take months to be adapted and produced.

"Every time a new outbreak happens, the virus can change. Even one change can make a drug or vaccine not work," he said. "But what's exciting about this technology is that it's rapidly adaptable."

Geisbert said his team now wants to test if the drug can be adapted to target different strains of Ebola, as well as determine if it is effective four or five days after infection.

Members of a U.S. Ebola military medical support team assist each other with protective gear.
ERIC GAY/THE ASSOCIATED PRESS

Skaters rally to save Pleasant spot

MEETING

Fate of skate park will soon be decided by the Park Board

Tereza Verenca
Metro | Vancouver

More than 100 people attended a rally to save the Mount Pleasant skateboard park on Sunday, as the Vancouver Park Board gets set to decide its fate.

At its meeting Monday night, park board members will determine if the 430 sq. ft.-space near West 16th Avenue and Ontario Street will be demolished, renovated or left up for discussion.

The recommendations come in response to noise complaints from nearby residents, something skateboarder Jeff Thorburn finds "hard to believe."

"To me, it doesn't seem any louder than kids playing basketball or the traffic on 16th," he told Metro at the rally.

Thorburn, who moved to the area a couple of years ago, added the skate spot is a place where he and his five-year-old son can get on their boards and bond.

Richard Nickerson, meanwhile, argued tearing down the skate spot would be a waste of money, referencing the $85,000 the city spent to build it three years ago.

"It just seems kind of ridiculous … You take something away from the kids, and you're going to have a different barrel of problems. Kids are not going to have anything to do. When they don't have anything to do, they cause trouble."

Also in the crowd were Raegan Huska and her seven-year-old son Presley, who came from Squamish to show their support.

"This is a great little park. A lot of money and effort has been put into it, so I really hope it stays," she said.

Former Vision park board commissioner Sarah Blyth was also on hand, speaking to the crowd through a megaphone. She said if the skate spot is demolished, it would set a dangerous precedent for future youth parks.

"If there's an issue, we need to work together to make it better. We can't just be taking parks out."

Pleased by the turnout was Jeff Cole, rally organizer and president of the Vancouver Skateboard Coalition. He told Metro, however, he was saddened no open houses to discuss the future of the skate park were held.

About 100 people of all ages attended the Save the Mount Pleasant Skateboard Park rally on Sunday. Many held bright neon signs, while some performed for the crowd. TEREZA VERENCA/METRO

"The NPA park board is clearly sending a message to the people of Vancouver of 'we don't care what you think, we just push our agenda through,'" Cole said. "There are homes in this area that don't even know this is happening."

He added while he is open to developing a solution with the park board, such as a sound berm, he questioned whether the Non-Partisan Association would listen due to the political affiliations of neighbours near the park.

In a previous interview with Metro, park board chairman John Coupar insisted changes are not politically motivated, but that the skate spot at 16th Avenue and Ontario Street has been "really problematic ever since it was first built."

Attempts to deal with the noise such as fencing the skate spot have not worked, he added.

"We're looking to build a better facility in an area where it won't be of concern to neighbours," Coupar told Metro on Apr. 21, 2015.

More than 100 people, including several young skaters, attended the rally. TEREZA VERENCA/METRO

Renovating the space would cost the city $25,000, while a demolition would come with a $40,000 price tag, according the report going before the park board.

A recommendation to build a new $200,000 intermediate level skateboarding facility at Jonathan Rogers Park at West 7th Avenue and Manitoba Street is also on the table.

Asked what Plan B is should the Mount Pleasant skate spot be no more, Cole said his coalition would continue fighting.

"We have to. Do you think we can let these little kids down?"

WITH FILES FROM EMILY JACKSON

Kassy Bailey (23)

This whole situation is exaggerated and blown out of proportion. It's extremely wasteful to build a park, and have it up for two years, then tear it down to please a couple of neighbours.

Harry Henshaw (12)

This is basically my home. I'm friends with most of the adults here.

Geoff Dermer (35)

There is no such thing as a beginner, or intermediate, or advanced skate park. There's only such thing as too many skateboarders and not enough places for us to skate.

Dino highway unearthed

BRITISH COLUMBIA

Site could be one of largest in the world

A type of dinosaur Autobahn, with a riot of footprints that are likely more than 100 million years old, has been discovered in northeastern British Columbia.

Hundreds of prints from extinct carnivores and herbivores are pressed into the flat, rocky surface spanning an area the size of three Canadian football fields, indicating the site was a major dinosaur thoroughfare.

"From what I saw there is at least a score or more of trackways, so 20-plus trackways of different animals," said paleontologist Rich McCrea.

"It would be one of the top sites, unquestionably," he added. "It already looks like it's going to be one of the biggest sites in Canada. That also means one of the biggest sites in the world."

McCrea said the dinosaur path has major potential as a world-class scientific and tourism site, but he's concerned the B.C. government's approach to protecting and promoting dinosaur zones is somewhat prehistoric.

A plaster setting from one the first footprints made by a Theropod, found in the Tumbler Ridge area on Thursday. CHAD HIPOLITO/THE CANADIAN PRESS

McCrea said Alberta and others have protected and profit from their fossil heritage, while B.C. remains behind the times.

"We're missing out on all the opportunities, not just tourism and education, but also, how about just pride that the province itself is the custodian of all its natural resources," he said.

He said his visits to the secret site indicate the area was a major travel zone for the Allosaurus, an 8.5-metre-long, two-legged predator, and that the area is also ripe with tracks made by the Anklosaurus, a four-legged, nine-metre-long herbivore, that weighed almost 6,000 kilograms and was known for its distinctive armour-plated head and long, club-like tail.

He estimated those tracks are between 115 million and 117 million years old.

"This was still in the dinosaurs' heyday," said McCrea. "It's kind of like the middle age of dinosaurs."

McCrea envisions dinosaur tours to Tumbler Ridge, Williston Lake and the Philip J. Currie Dinosaur Museum in nearby Wembley, Alta.

> **It already looks like it's going to be one of the biggest sites in Canada.**
> Rich McCrea, paleontologist

Tumbler Ridge Liberal MLA Mike Bernier said he's been trying to convince cabinet ministers that the area is an important asset and needs heritage and fossil protection policies.

"People go crazy when they see dinosaur bones and fossils. There's something about it: the old Jurassic Park movie coming to life in your riding," he said.

THE CANADIAN PRESS

VANCOUVER

Ship that leaked released

A vessel that leaked toxic bunker fuel into Vancouver's English Bay is being allowed to return to normal operations and leave Canadian waters.

Transport Canada says inspectors are confident the MV Marathassa's deficiencies have been fixed, it meets regulations and is environmentally safe for travel.

The grain-carrying ship on its maiden voyage leaked at least 2,700 litres of fuel into the city's harbour on April 8, which spread to popular beaches nearby.

Transport Canada says a thorough investigation of the fuel discharge continues and the ship's operators could face fines or prosecution if they are found to have violated Canada's shipping laws.

The ship's operators have agreed to pay for cleanup and to appear in future legal proceedings that could lead to fines.

Pollution recovery efforts are slowly winding down, they say.

Transport Canada will conduct regular flyovers of the MV Marathassa as it departs Canadian waters. THE CANADIAN PRESS

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Conservatives strategize to regain lost Quebec seats

POLITICS

Tory support increasing in parts of the province

When a popular Quebec mayor recently announced he was running for the federal Conservatives in this fall's election, the gathering included 20 of the region's 23 mayors.

That, says Alain Rayes, shows it's becoming less taboo in certain parts of Quebec to be publicly aligned with Stephen Harper's Tories.

"They took the risk of being seen next to (a Conservative) candidate," says Rayes, who has been mayor of Victoriaville since 2009.

The central Quebec town is about 150 kilometres east of Montreal and is in a riding won by the Bloc Québécois in 2011.

Support for the Tories is increasing in other historically small-c conservative parts of the province according to recent polls that indicate the party could outstrip by far its 2011 Quebec seat count of five. Rayes says the rise in Conservative fortunes in the province is evidence Quebecers "want a seat at the table."

Gerard Deltell, a well-known provincial politician and another Tory recruit, says the spike in support for the Conservatives is due to Harper's tax cuts — something Quebecers are not used to with provincial governments — and the party's performance on the economy and security.

"The Conservatives can recruit those guys who are the grassroots candidates — those who are deep in the community" said Deltell, who recently left his job as a member of the legislature for the right-leaning Coalition for Quebec's Future (Coalition Avenir Quebec).

Another big name to announce his candidacy for the Conservatives is Jean Pelletier, who for years ran Quebec City's winter carnival.

Rayes, Deltell and other party activists say the person responsible for attracting star candidates and explaining the Conservative message to Quebecers is Denis Lebel, Harper's lieutenant in the province.

"I feel it on the ground," Lebel says in an interview, admitting he is the party's Quebec "conductor."

"The welcome I get is different (than prior years). Everything is possible."

Lebel drove around the province toward the end of last summer to meet voters and woo them back to the Tories.

He knows Quebecers often vote in waves. In 1984, Brian Mulroney surged to power with the help of victory in 58 out of 75 ridings in the province. He repeated the trick in 1988 with 63 seats.

The latest example in Quebec came in 2011 when the popular Jack Layton led the NDP to 59 seats in the province.

Before Lebel's 2014 summer tour, the Conservatives were polling roughly at 12 per cent in Quebec. Now, poll aggregator website ThreeHundredEight.com puts the Tories at about 21 per cent and indicates the party could win more than 20 seats.

The Tories currently have five Quebec MPs, including four cabinet ministers.

Harper's best tally in Quebec was at the 2006 and 2008 elections when he won 10 seats both times. The Conservatives were shut out of the province in 2004 when Paul Martin's Liberals won a minority.

But Antoine Tardif, the 25-year-old mayor of Daveluyville, near Victoriaville, says what's most important when voting Conservative is not Harper, but gaining influence. Quebecers, he believes, are increasingly looking to the Tories as the party that will give them the best chance to be in government. THE CANADIAN PRESS

Coalition Avenir Quebec (translated as: Coalition for Quebec's future) MNA Gerard Deltell, a well-known provincial politician, announced on April 7 that he's quitting the CAQ and joining the Conservative Party of Canada for the upcoming federal election. JACQUES BOISSINOT/THE CANADIAN PRESS

Quebecers are going to be tempted to vote Conservative ... We want to have a seat at the table to influence things.

Antoine Tardif, Daveluyville mayor, near Victoriaville

POPULARITY

Current polls suggest the Tories are becoming more popular around the Quebec City region as well as in areas up to 200 kilometres north and south of the provincial capital. While the Conservatives believe the improved numbers are down to party policies they say are resonating across the province, some Quebecers say it's the individual candidate who is leading them to vote Tory.

THE CANADIAN PRESS

TIM HORTONS

Café founder facing lawsuit

The billionaire co-founder of Tim Hortons is on the receiving end of a civil suit alleging he sexually assaulted his sometime-lover four years ago, The Canadian Press has learned.

The action against Ron Joyce, who claims he's the victim of a "blatant" extortion attempt, predates an unrelated but similar lawsuit filed earlier this year by another woman, who alleges his son, Steven Joyce, assaulted her aboard his yacht in Florida in an incident he says was consensual.

In 2011, according to previously unreported court documents, the woman, now 34, spent the night at Ron Joyce's home in Burlington, Ont., so she could drive him to a doctor's appointment in Barrie, Ont., the following day.

They went to bed separately and she slept alone in the guestroom, they say.

"At 6 a.m., she awoke to find (Joyce) in her bed naked with his hands down her pyjama bottoms with his fingers inserted into her vagina," her unproven claim states. "(She) screamed repeatedly for the defendant to get off of her."

The Toronto woman says she has audio recordings of conversations with him in which he admits to assaulting her, according to her statement of claim.

The claim filed in May 2013, which seeks $7.5 million in damages, alleges the incident left her suffering anxiety attacks and with severe emotional loss.

Joyce, 84, an Order of Canada honouree and one of the country's richest people, admits going into her room that morning but says it was only to awaken her for his doctor's appointment.

THE CANADIAN PRESS

ANTI-TERROR ALLY

Jordan's King Abdullah II bound for Ottawa: Reports

A Jordanian newspaper is reporting that Prime Minister Stephen Harper will host King Abdullah II, one of his key allies in the fight on terrorism, in Ottawa in the coming days.

The tiny Middle Eastern desert kingdom has been punching above its weight internationally as one of Canada's top allies in the war against the Islamic State of Iraq and the Levant (ISIL).

Jordan has also borne a heavy load from Syria's civil war, now in its fifth year, because its hosts an estimated 625,000 refugees. It has a population of eight million.

Jordan is also one of the five countries joining Canada in conducting bombing missions against ISIL targets inside Syria, along with the United States, Saudi Arabia, Bahrain and Qatar.

The Jordan Times said Abdullah's official visit to Ottawa would be final leg of a three-country trip that started Wednesday at the Afro-Asia Summit in Indonesia.

Abdullah's second stop was to be San Francisco for business meetings, before coming to Ottawa to meet Harper and "several other officials," the newspaper said.

The newspaper did not say exactly when Abdullah would arrive in Ottawa.

The Prime Minister's Office in Ottawa had no comment.

Harper visited Jordan in January 2014 and pledged $105 million in aid to help the country cope with its influx of refugees.

Abdullah visited Ottawa in 2007, and since then, the monarch and Harper have developed what appears to be a warm relationship.

On Harper's 2014 visit, Abdullah praised Canada's global leadership, and said that he and Harper "as brothers" would work together to overcome the security challenges facing the world.

Harper heaped praise on Abdullah, telling him that Jordan was "one of our most important partners on all levels, in terms of commerce, in terms of development, in terms of security in this part of the world."

Last year, Abdullah's wife, Queen Rania, a development advocate, was one of Harper's marquee guests at his three-day international conference on maternal, newborn and child health, the prime minister's signature development initiative.

Abdullah is the son of the late King Hussein, who was widely regarded as one of Middle East's leading peacemakers.

In 1994, Hussein became only the second Arab head of state to recognize Israel.

THE CANADIAN PRESS

King Abdullah II shakes hands with Prime Minister Stephen Harper in Amman, Jordan in January 2014.

THE CANADIAN PRESS FILE

Reflecting on poverty

CHALLENGE DAY 5

Metro reporter finishes with a new perspective

Gilbert Ngabo
Metro | Toronto

"You didn't have to go through this."

That's roughly the sentence I heard over and over again over the past five days during which I lived on $1.75 a day. Most reactions from family members, friends and workmates were supportive, but a few suggested that volunteering for extreme poverty was almost going overboard. Someone even said, in an email, that it was a "trite experiment," calling it offensive to those who are in a real struggle to make ends meet.

I don't necessarily concur with their views, but the detractors have a point. Every single day of those five, I never stopped feeling badly for people for whom extreme poverty is not a temporary state of affairs, but an indefinite, day-in-day-out reality. As hard as it was for me to find enough food, I still had the luxury of enjoying other things around me: I was working; when it was cold, I had enough clothes to keep warm; and I had a nice place to stay. Heck, I was even travelling back and forth to the office in a train. That's nowhere near real poverty.

That's the point that Dominique Mishio wants to drive home. Mishio, head of Canada's Global Poverty Project, which is leading the Live Below the Line campaign, said the challenge is not about making participants feel the real misery of living in extreme poverty, but about reflecting on poverty issues, increasing awareness and raising money for the many organizations that work to alleviate poverty in different parts of the world.

Hundreds of Canadians have taken the challenge every year since 2013, and many are sure to take it again starting today, the 2015 challenge's official launch date.

You might be wondering, after reading all this, whether it's worth giving it a try yourself. Yes, over the course of the five-day challenge you may well feel some of the ambivalence that I went through, and, yes, you may field some of the same doubts and objections that I heard.

But your personal effort, when added to that of thousands more across the globe, will have practical impact.

LIVING BELOW THE LINE

The reporter: Gilbert Ngabo works for Metro in Toronto. He moved to Canada from Rwanda five years ago.

The mission: To live on just $1.75 a day for five days — a challenge made to all Canadians by the Global Poverty Project, which says that's the daily budget of those who live below the poverty line.

The series: Day 5 of 5, reflecting on the meaning and purpose of the challenge

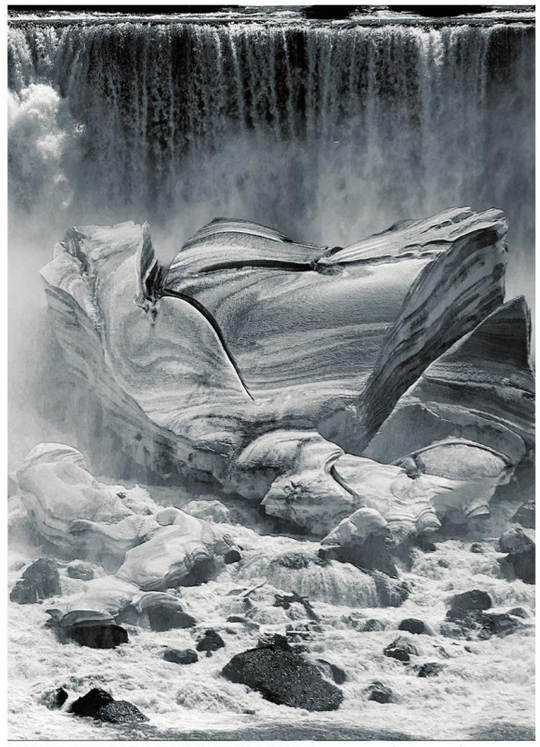
Follow Gilbert Ngabo on Twitter @dugilbo or at metronews.ca.

The campaign has raised more than $250,000 over the past two years, and the money goes to fund fighting poverty in poor countries.

Your donation will go toward efforts that could concretely improve — and perhaps even save — lives. Maybe a poor kid somewhere will be able to go to school. Maybe a hospital in a remote village will receive medical supplies. Maybe starving children in a refugee camp will get some nutritious food. Taking the challenge of eating on less than two dollars a day created an image of poverty in me that will haunt me for a long time.

It's one thing to read numbers and reports on poverty issues; it's quite another to live through the pain that those numbers attest to — even for a short while and even according to arbitrary conditions.

No, I didn't have to go through this kind of experiment. But I am glad I did. It served as an eye-opener and changed my perspective on the choices I make every day. And I will donate what I can afford in order to help. You? You don't have to eat on $1.75 a day, but you can help fight poverty and make it history.



NIAGARA FALLS SLOW EXPOSURE Layers of stained snow and ice are slowly being exposed through erosion by sun and water along the base of the American Falls as seen from Niagara Falls, Ont., on Saturday. The ice is all that remains after a cold winter that nearly delivered another rare historic freezing of the falls. PETER POWER/THE CANADIAN PRESS

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Aftershocks terrify survivors

CRISIS

'We don't feel safe at all,' says Nepalese man

Shell-shocked and sleeping in the streets, tens of thousands of Nepalese braced against terrifying aftershocks Sunday while digging for survivors in the devastation wrought a day earlier by a massive earthquake that ripped across this Himalayan nation and killed more than 3,200 people.

Acrid, white smoke rose above the nation's most revered Hindu temple, where dozens of bodies were being cremated at any given time.

Aid groups received the first word from remote mountain villages — reports that suggested many communities perched on mountainsides were devastated or struggling to cope.

Landslides hindered rescue teams that tried to use mountain trails to reach those in need, said Prakash Subedi, chief district official in the Gorkha region, where the quake was centred.

"Villages like this are routinely affected by landslides, and it's not uncommon for entire villages of 200, 300, up to 1,000 people to be completely buried by rock falls," said Matt Darvas, a member of the aid group World Vision. "It will likely be helicopter access only."

Saturday's magnitude-7.8 earthquake spread horror from Kathmandu to small villages and to the slopes of Mount Everest, triggering an avalanche that buried part of the base camp packed with foreign climbers. At least 18 people died there and 61 were injured.

With people fearing more quakes, tens of thousands spent the day crowding in the streets and the night sleeping in parks or on a golf course.

Crows screeched as the ground shook with the worst of the aftershocks — magnitude 6.7.

"We don't feel safe at all. There have been so many aftershocks. It doesn't stop," said Rajendra Dhungana, 34, who spent the day with his niece's family for her cremation at the Pashuputi Nath Temple in Kathmandu.

"I've watched hundreds of bodies burn.… Nepal should learn a lesson from this. They should realize proper buildings should be built."

By late Sunday, the aftershocks appeared to be weakening. A magnitude-5.3 quake shook an area about 30 miles east of Kathmandu. THE ASSOCIATED PRESS

Nepalese rest inside a van where they have taken shelter as it is considered safer in cars than inside houses due to repeated aftershocks in Kathmandu, Nepal, on Sunday.
BIKRAM RAI/THE ASSOCIATED PRESS

CASUALTIES

Nepal authorities said Sunday that at least 3,200 people died in that country alone, not including the 18 dead in the Mount Everest avalanche. Another 61 people died from the quake in India and a few in other neighbouring countries.

At least 1,152 people died in Kathmandu, and the number of injured nationwide was upward of 5,900. Three policemen died during a rescue effort in Kathmandu, a police spokesman said. THE ASSOCIATED PRESS

MORE DETAILS

What happened?
U.S. Geological Survey seismologist Paul Earle said the quake happened on what is known as a "thrust fault." That describes the situation when one piece of the Earth's crust is moving beneath another piece.

In this case, it's the Indian plate that is moving north at 45 millimetres a year under the Eurasian plate to the north, Earle said.

Aid efforts:
With Kathmandu's airport reopened Sunday, the first aid flights began delivering supplies.

The first to respond were Nepal's neighbours India, China and Pakistan. Indian air-force planes landed with 43 tons of relief material, including tents and food, and nearly 200 rescuers, India's External Affairs Ministry spokesman Vikas Swarup said.

Nepal's struggles:
Nepal is a relatively poor country without extensive resources despite its rich cultural heritage and spectacular mountain scenery. It has been plagued by instability in recent years.
THE ASSOCIATED PRESS

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Avalanche devastates Mt. Everest base camp

SHERPAS AFFECTED

Survivors say dozens almost certainly dead

Mountaineers, guides and porters streamed from Mount Everest base camp on Sunday in the wake of a deadly earthquake-triggered avalanche that obliterated parts of the rocky village of nylon tents. Some warned that dozens of people may still be missing.

The worst injured were ferried out in helicopters, while those remaining at base camp endured a series of powerful aftershocks, some of which caused smaller but still terrifying avalanches in the surrounding mountains.

The avalanche on Saturday, set off by the massive earthquake that struck Nepal, left at least 18 people dead and dozens more injured.

But as the first stunned survivors of the avalanche reached Kathmandu, Nepal's capital, they said that dozens of people may still be missing and were almost certainly dead.

"The snow swept away many tents and people," said Gyelu Sherpa, a guide among the first group of 15 injured survivors to reach Kathmandu.

The 15, most of them Sherpa guides or support staff working on Everest, flew from Lukla, a small airstrip not far from Everest. None were believed to be facing life-threatening injuries.

Bhim Bahadur Khatri, 35, a cook and a Sherpa, was preparing food in a meal tent when the avalanche struck.

"We all rushed out to the open, and the next moment a huge wall of snow just piled on me," he said. "I managed to dig out of what could easily have been my grave. I wiggled and used my hands as claws to dig as much as I could."

When he finally dug his way out, he was surrounded by devastation. Part of the base camp village was gone.

The magnitude-7.8 quake struck at around noon Saturday — just over a year after the deadliest avalanche on record hit Everest, killing 16 Sherpa guides on April 18, 2014.

THE ASSOCIATED PRESS

"I was suffocating; I could not breathe. But I knew I had to survive.

Bhim Bahadur Khatri, a cook and Sherpa, recounts the avalanche

Injured Sherpa guides sit inside a bus after they were evacuated from Mount Everest Base Camp in Kathmandu, Nepal, on Sunday. BIKRAM RAI/THE ASSOCIATED PRESS

GLOBAL RESPONSE

No time to lose: Aid efforts increasing

There is still time to save lives — that's why governments and aid agencies Sunday rushed doctors, volunteers and equipment to Nepal without waiting for the dust to settle.

UN spokeswoman Orla Fagan, who is heading to Nepal, said preventing the spread of disease is one of the most important tasks facing aid workers who are arriving.

"There are 14 international medical teams on the way and either 14 or 15 international search-and-rescue teams on the way," she said. "They need to get in as soon as possible."

Substantial hurdles remain, but there were hopeful signs as Kathmandu's international airport reopened after Saturday's crushing earthquake, and some aid vehicles were able to travel overland from India to the stricken Nepalese city of Pokhara.

"That means supplies could potentially come in overland from India. That is a positive sign," said Ben Pickering, Save the Children's humanitarian adviser in Britain. "The airport opening is a small miracle."

THE ASSOCIATED PRESS

HUMANITARIAN ASSISTANCE

UNICEF said Sunday that at least 940,000 children in areas affected by the earthquake are in "urgent need" of humanitarian assistance. UNICEF staff reported dwindling water supplies, power shortages and communications breakdown.

There is still a dearth of information about conditions at the epicentre of the earthquake, Pickering said, and it is not clear which roads are passable.

International Search and Rescue Germany said a team of 52 relief workers, including doctors, experts trained in searching for people buried under rubble and several dog squads, was flying in Sunday. The team will bring a mobile medical treatment centre.

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metro VIEWS
Your essential daily news
Monday, April 27, 2015

#MYMETRO

Heather Gautreau, 45, Halifax, N.S.

Where are you coming from?
I'm on my lunch. I work down at George Street at the Bank of Montreal.
Tell me about your commuter routine.
About a half-hour. I take the bus or ferry over from Dartmouth.
Where is the one place someone new should go in the city:
The Public Gardens or the waterfront.
What are you binge-watching right now?
Big Brother Canada.

Follow us on Instagram @metronewsca and show us your #MyMetro pose with a copy of our newspaper. We'll repost you and feature a reader pic from across Canada in this spot every Monday.

Feds should get off their high horse over drug use

CITY HOLLER
Trish Kelly

Rona Ambrose doesn't want Vancouver to discuss regulating medical marijuana dispensaries at Tuesday's city council meeting — as she made eminently clear in a stern letter to Vancouver's Mayor Robertson, who may have paused to wonder what the honourable health minister may have been smoking when she wrote it.

We shouldn't be surprised the federal government wants to harsh Vancouver's mellow. The Conservatives have been against Vancouver's progressive drug policies since Insite — North America's first safe-injection site — opened 10 years ago. But that didn't stop us from continuing the fight and becoming international leaders in saving lives through a harm-reduction model.

The federal government has been too busy (possibly watching Reefer Madness) to address the logistical issues created by their halfway legalization of medical marijuana, so the city should step in and regulate.

Make no mistake, the more than 80 unlicensed dispensaries currently operating in Vancouver are not just playing nice of their own accord; someone is regulating them, and it's not any level of government. It's happening underground, conducted by organized crime.

I am not a pot smoker. I actually find most stoned people pretty annoying and I don't have the activity level to support frequent snacking. I hope I never need medical marijuana, but a recent stint with back pain made me more sympathetic to the demand for it. After Day 5 of constant pain, if I'd been offered a lit bong full of puppy tears, I would have smoked it.

My sympathy for sufferers of chronic pain aside, please believe how little personal investment I have in seeing leniency for this controlled substance.

If government fails to regulate marijuana use, organized crime will step in.

But, like the City of Vancouver, I can be practical and acknowledge that there is a need for this kind of service, and that the best way to remove the risk and criminal influence is to impose government regulation.

Vancouver has done its homework. On Tuesday night, city council will hear a 28-page report prepared by city staff who consulted with Vancouver School Board, Vancouver Coastal Health and Vancouver Police Department. They've gathered best practices from other jurisdictions like Washington and Colorado, where marijuana was legalized for recreational use — without the sky falling.

The staff recommendations include a hefty licensing fee, buffer zones around schools and community centres, and annual criminal record checks for owners and employees.

The federal government loves to offload responsibilities to municipal governments when it's convenient. This is one case where cities can beat the feds just by being first to get off their high horse.

The reward is a handsome revenue stream and the respect of realists.

Trish Kelly lives and writes in East Vancouver. Follow her @trishkellyc

ROSEMARY WESTWOOD

metroview

Brutal honesty is the best policy if we want to nurture our artists

There's something awry in the way we treats artists in Canada.

It's not that we're too stingy with our love — it's that we're disingenuous.

Yes, we have some great critics (John Doyle for one), and it's culturally OK to hate Nickleback.

But most mainstream media coverage of writers, musicians, painters, sculptors or filmmakers tells me only two things: where that person was born; and why they, and their work, are wonderful.

It would be fine if that were always the truth. But it's not. Art criticism, according to Toronto writer and curator Amy Fung, is mostly "advertorial fluff."

Calling that approach "a PR department's job," not journalism's, Michael Lista has joined with fellow journalist Jason Guriel to launch Partisan, an online magazine of "trenchant" art and culture reviews intended as a tonic for the limp discussions we usually see in this country.

Guriel, in a 2013 interview, told how a major national newspaper pulled a review of Margaret Atwood's poetry simply because it was tough. Poets (which both men are) in particular are treated like the "asthmatic kids on the playground," Lista told me.

Culture journalists don't lack opinions, he argued, they're just saying them in private. That saves them from professional blowback and potential fallout with the subjects of their critiques, a concern when the arts scene in this country, to quote a friend, is a "sock drawer."

"It's so small, it gets so intermingled, that you don't want to burn any bridges," said the friend, a musician who's toured with some of Canada's trendiest bands.

There's also the "whole CRTC-sponsored Cancon thing," Lista said, "where any Canadian culture needs to be nurtured like a delicate little flame."

That was certainly true of Jian Ghomeshi, celebrated for his gushing, grovelling interviews which put every Q guest on a pedestal regardless of merit. Ironic, given that his most famous interview (with Billy Bob Thornton) featured a rare bit of controversy.

Canadian media tends to celebrate any whiff of Canadian success, equating it with talent.

I wondered whether Shad would break rank during his first week as host of Q. But I doubt it — it's his niceness that stood out.

That leaves the rest of us with middling, condescending public debate, and Canadian artists denied the benefits of sharp, smart criticism.

The best thing an artist can hear isn't pat compliments. It's honesty.

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Guns N' Roses is on hiatus according to the Las Vegas Sun.

Bruce Jenner hailed for 'bravery'

ABC INTERVIEW

Reaction pours in as reality TV star comes out as transgender

U.S. Olympic champion turned reality TV star Bruce Jenner won praise over the weekend from celebrities and activists for revealing he is transitioning from male to female, ending long-running speculation he identifies as a woman.

In a highly anticipated, two-hour television interview aired Friday — hailed by transgender rights' campaigners and his own Kardashian-linked family — the 65-year-old said he had wrestled with his sexual identity since he was a kid.

"I've always been confused about my gender identity since I was this big," he told ABC's celebrity interviewer Diane Sawyer.

"Here I am, stuck — and I hate the word — (a) girl stuck in a guy's body ... As of now I have all the male parts and all that kind of stuff."

But asked point blank if he was a woman, Jenner said: "Yes. For all intents and purposes, I'm a woman."

Speculation that the actor, race-car enthusiast and 1976 Montreal Summer Olympics decathlon gold medallist was undergoing a sex change has been rich fodder for supermarket tabloids for months.

Supposed telltale signs, based on paparazzi photos from the streets of Los Angeles, include shaved limbs, long hair worn in a ponytail and what appears to be a sports bra under a T-shirt.

Jenner said he identifies himself as "her," but not by a specific name. The ABC interviewer used "he" and "him" throughout, without causing any apparent discomfort for the former Olympian.

He stressed the difference between gender identity and sexuality.

"I am not gay," Jenner said. "I am, as far as I know, heterosexual. I've always been with a woman, raising kids."

Just before making the long-expected announcement, Jenner symbolically let his hair down.

"Let's take the damn ponytail out," he told Sawyer, smiling.

Lesbian, gay, bisexual and transgender (LGBT) rights group GLAAD welcomed Jenner's announcement.

In a two-hour interview aired Friday, Bruce Jenner told ABC's Diane Sawyer that he is transitioning from male to female. HANDOUT

972,000

Nielsen Social estimated that there were 972,000 tweets sent on Friday night alone about the Jenner interview.

"Though Jenner's journey is one that is deeply personal, it is also one that will impact and inspire countless people around the world," GLAAD head Sarah Kate Ellis said.

GLAAD also noted that media at this time should continue to refer to Jenner by his current name and with male pronouns to be respectful of his wishes, as he has not requested that a new name or pronoun be used.

Thrice-married Jenner became an American sports hero when he set a world record with his Montreal decathlon victory.

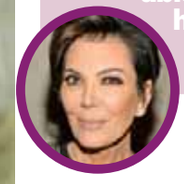
He again became a household name through his marriage to the former Kris Kardashian and the TV series Keeping Up with the Kardashians, in which he appeared as the sometimes bemused stepfather of her daughters Kourtney, Kim and Khloé. The couple, who have two daughters of their own, obtained a divorce in December — although he has been seen still wearing a wedding ring.

National Center for Transgender Equality advocacy group executive director Mara Keisling called Jenner's declaration "one of the most profound displays of bravery and courage I've seen."

Jenner, clearly relieved to have finally come clean, said: "I'm saying goodbye to people's perceptions of me and who I am.

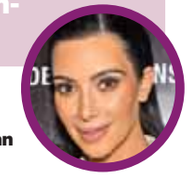
"I'm not saying goodbye to me because this has always been me." AFP

"Not only was I able to call him my husband for 25 years and father of my children, I am now able to call him my hero."



Kris Jenner

"Love is the courage to live the truest, best version of yourself. Bruce is love. I love you Bruce. #ProudDaughter."



Kim Kardashian

"Bruzer, I'm soooo proud of you! Dads really are heros."

Khloé Kardashian

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Are you still trying to keep up with the Joneses?

FINANCES

Stop looking at what others have and focus on yourself

MONEY MATTERS
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Do you find yourself thinking about what your sister has that you don't? Or what kind of car your friend drives that you can't afford? Or how "unfair" it is that your neighbours travel every year when you haven't been able to scrounge up the money for the trip you've been promising yourself?

Remember the saying, "Keeping up with the Joneses"? It was used to denote our desire to keep pace with the spending of our neighbours. It was beautifully captured in a cartoon I once saw. A husband and wife are gardening together. The wife looks up to see a neighbour pulling into her driveway and says to her husband, "Damn, Shelly and Mike got a new car. And we were almost debt free!"

A lot of people create this problem for themselves. They imagine that others' lives are so much better and then they look for evidence to support their supposition. Ten years ago, before the avalanche of reality TV hit the airwaves, the Joneses were the people next door. Now people are feeling the push to keep up with the likes of movie stars and TV personalities who make gobs of money airing their lives to the nation and shopping as a hobby.

People who watch a lot of TV, read flashy magazines and walk the malls feel like they're always missing something because they have come to believe that "everyone else has one so I want one, too."

But if everyone else is going into debt to have the lifestyle you crave, then what you're craving isn't real; it's smoke and mirrors. Playing the keeping-up-with-the-Joneses game is stupid at the best of times, but it's suicidal if you're doing it on credit.

Just look at the size of the houses we're living in now compared to those in which our parents were raised. Back then people were having more kids but living in houses far smaller than we're willing to settle for today.

And only the rich and famous could afford granite counters and marble floors. Now we want a room for every child, plus a living room, family room, media room, and kids' playroom. As our expectations have gone up, our ability to pay has been seriously challenged. While we like to castigate the younger generation "giving into peer pressure," it's not just a problem of youth and immaturity. Age has little to do with it. Do you worry about being judged by others? Do you spend more time on impressing others than on managing your money?

The big joke, of course, is that while you're busy envying Jane, Jane's probably envying Michael, who in turn is envying you. Yup, it's human nature to think that what other people have is better.

That's "the grass is greener" syndrome. But if you can change what you're thinking about — stop focusing on the other and focus instead on yourself — you can change the feelings.

When you see people who seem to satisfy their every whim, don't even attempt to keep up. If you're wondering how they paid for it all, they very well may not have.

Instead they've made their purchases on credit cards where only the minimum payment is made, they've financed with lines of credit, and they've consolidated their consumer debt to a mortgage yet one more time. It's easy to spot the stuff people buy; the debt they're dragging along usually can't be seen.

The next time envy niggles at you and the thought, "I wish I could, too," goes through your head, think about what else you don't have, along with the new and shiny: the debt. If you're smart enough to know what's really important, if you are clear about your values and make your purchases based on what's important to you, you've got no dirty little secrets to hide. You're living in the light. And it feels good, doesn't it?

"While you're busy envying Jane, Jane's probably envying Michael, who in turn is envying you."

STRATEGY

Avoid confab fatigue with these meeting tips

OFFICE RELATIONS
Eleni Deacon

Long meetings. Pointless meetings. Boring meetings. Meetings that are actually lectures. Meetings that take you away from your desk for hours of abstract chit-chat when you have a scroll-length to-do list you could be tackling.

Sound familiar?

While group communication is an essential component of effective business, many employees complain that their most lethal productivity killer isn't social media or noisy colleagues — it's meetings.

Or rather, meeting after meeting after meeting.

There's a simple way managers can take the weight off meeting overload: Schedule fewer of them.

Meetings should be a time to share updates, get on the same page, and develop actionable strategies.

They should not be a time for long-winded speeches or circular bickering.

Before scheduling a meeting, ask: Why are we doing this and does it require group attendance?

If the answer is vague, hit X on your invite. In many cases, it can be more efficient to contact one person for a direct project update than mobilize an entire team for a not-entirely-necessary gathering.

Another approach is to trade all-staff affairs for speedy, targeted powwows.

While certain types of meetings — strategic planning, client consultations — may require a more substantive time commitment, just-another-day status reports should not dismantle your afternoon.

Try cutting the time you book for meetings in half — you may find you get the same amount done.

Stand-up meetings are also a fail-proof — if intentionally uncomfortable — way to keep meetings from falling flat.

The concept is self-explanatory: These chats are chair-free.

Instead, team members must deliver their debriefs while standing on two feet. Not only does this make it difficult to tune out — it also means everyone wants to finish the process as quickly as possible.

Regardless of the length or frequency of your meet-ups, they should be deliberately planned and efficiently run.

Set an agenda, and delegate one individual to moderate the action. A lot of the frustration surrounding meetings comes not only from the fact of having to be there, but also from the digressive and disorganized way that they're managed.

Commit to a time frame and keep the discussion on point — this will keep attendees from getting annoyed.

While meetings are obligatory, time-wasting meetings are not.

To curb confab fatigue, set meetings that have clear objectives and on-task leadership. And under no circumstances book a meeting to figure out a time to have another meeting about how to have better meetings.

"Under no circumstances book a meeting to figure out a time to have another meeting about how to have better meetings"

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WORK & TECH

New app does a social media cleaning

Ever scrolled back on your Facebook, Twitter or Instagram feed and cringed? Or have you ever frantically scrambled through all of your social media posts while applying to a new job?

A new app called Clear can help you with that.

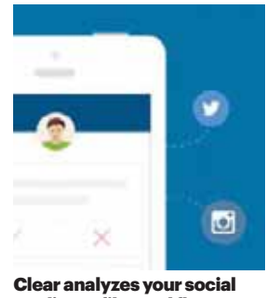
Clear will analyze your social media profiles and give you a score on the potential liability of your social media presence. It also flags all of your potentially embarrassing tweets or Facebook posts — posts with curse words or sexually or racially charged words. Some flagged words include "black" or "gay."

Founder Ethan Czahor has a very personal reason for creating the app; he lost his job as Jeb Bush's CTO because of offensive tweets.

Czahor wrote on the Clear website: "After graduating college, I moved to West Hollywood to study improv comedy at The Groundlings. I used my Twitter feed to test material, all of which was humorous and well-intended within the context of my community. Several years and career changes later, after having success in the start-up world and battling Lyme disease, I landed my dream job: CTO of Jeb Bush's political operations.

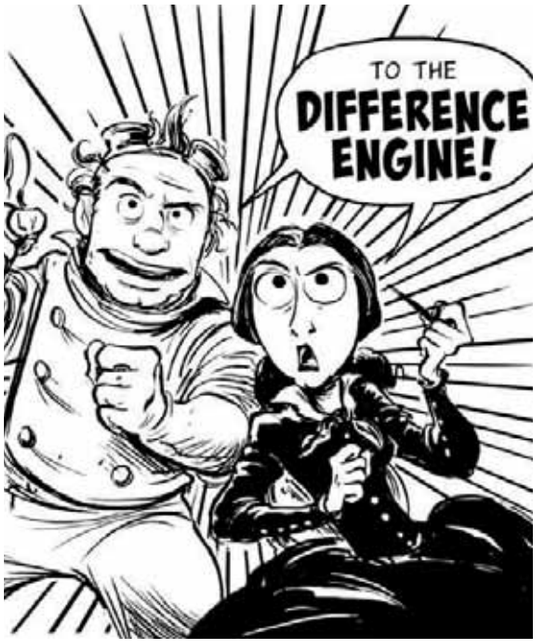
"Unfortunately, my Twitter feed was unearthed, spun completely out of context to make me appear as someone I am certainly not, and I lost my job. I created Clear to make sure situations like mine never happen to anyone ever again."

There are currently more than 1,000 people on the wait list for the app. ANDREA PARK/ METRO NEW YORK



Clear analyzes your social media profiles and flags potentially offensive posts. CONTRIBUTED

APP REVIEWS KRIS ABEL'S PICKS



MIND THE APP
Kris Abel
@RealKrisAbel

EBOOKS

The Thrilling Adventures of Lovelace and Babbage

• Kindle/iBooks/Kobo
• Sydney Padua
There are lessons and laughs in this graphic novel account of the first computer in which Victorian inventor Babbage and pioneering programmer Lovelace become crime-solving Steampunk detectives. Both characters are wild, eccentric fun, but their in-jokes require footnotes that might only be insightful to history buffs and computer geeks.

GAMING

State of Decay: Year One Survival Edition

• Xbox One
Death is permanent in this zombie apocalypse, meaning that when you die, you must follow someone's else life story going forward. It's jarring at first, but part of a large world of compelling tasks where you make plans against the zombies by exploring, building, and forming communities.

APP

MediSafe

• Apple Watch/iPhone
Android
• Free
From your watch or from your phone, this app's notifications will help you remember which pills to take and at what times. You can use it to keep track of refills, sync your reminders with family members, and even add glucose, blood pressure, and temperature readings for a helpful overview.

APP

Epicurious Smart Timer

• Apple Watch/iPhone/iPad
• Free
A step-by-step cooking timer that works on both phone and watch, Epicurious' newest feature provides custom countdowns to match specific foods, vibrates to let you know when to flip a steak, and finishes with thumbnails photos that show how your ingredients should look when they're done.

GAMING

Spy_Watch

• iPhone/Apple Watch
• $2.29
Does your secret agent take out the guards or charm his way past? As his boss you must follow his pursuits by responding to notifications and at-a-glance updates. This is not an activity you play in one sitting, but in small, yes-or-no decision breaks throughout the day.

Good things come from bad bosses

WORK EXPERIENCE

You can learn a lot from dealing with a difficult boss

Meghan Poole
Metro | New York

While it's certainly less than desirable, almost everyone has to endure a bad boss at some point in their career. And we all know that managing to maintain a working relationship with a difficult superior can be stressful and draining, to say the least.

But there could be a silver lining, according to author Merritt Watts. She believes that younger workers can benefit from the impact of a bad boss or two.

Watts' latest book, First Jobs: True Tales of Bad Bosses, Quirky Coworkers, Big Breaks, and Small Paychecks, compiles 50 stories (good and bad) about the various first jobs a wide variety people have had over the years.

We caught up with Watts to ask her why it is important to stick it out and work with bad bosses at a first job.

You'll learn valuable lessons
"Having a bad boss at your first job is not going to derail your entire career," Watts points out.

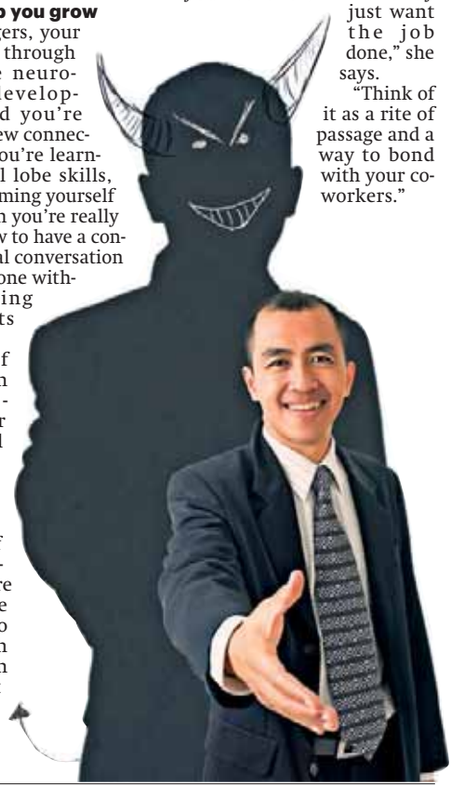
"It's teaching you one of the most important things in the workforce, which is how to deal with people. When you have a bad boss, you're forced to make it work, so I would arguably say that this is one of the most important skills you can learn," she says.

It will help you grow
"As teenagers, your brain goes through this huge neurological development, and you're forming new connections, so you're learning frontal lobe skills, such as calming yourself down when you're really mad or how to have a confrontational conversation with someone without blowing up," Watts explains.

"So if you're in this position for emotional growth, but you're not putting yourself in situations where you're forced to deal with it, then you're not going to acquire that skill, and that's going to haunt you forever," she adds.

It's a trial by fire
"Almost everyone has been there, and you have to realize that this is your first relationship with someone who is not your parent and not your teacher, and they just want the job done," she says.

"Think of it as a rite of passage and a way to bond with your coworkers."



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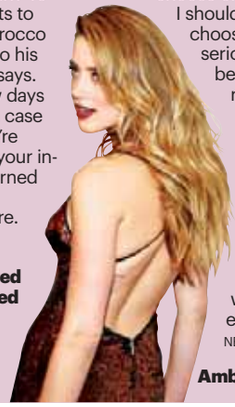
GOSSIP NOTES

You didn't get your invite to David Beckham's birthday yet?

David Beckham is turning 40 — yes, 40 — this coming Saturday, and to celebrate the milestone, he's reportedly planning a massive, lavish, weekend-long bash at his favourite five-star Moroccan resort, according to the Sun. Oh, and he's flying a bunch of famous friends in for the occasion, though they haven't been given the exact location yet. On the private jet flight plan for the event? Tom Cruise, Guy Ritchie and Gordon Ramsay plus Liv Tyler and boyfriend Dave Gardner. "He'll only turn 40 once, so he wants to do it in style. Morocco is a place close to his heart," a source says. There's still a few days to go, though, in case — like me — you're wondering why your invitation hasn't turned up yet. A simple oversight, I'm sure.
NED EHRBAR

Amber Heard tired of over-sexualized roles

Yes, we get it, Amber Heard is very attractive.



Amber Heard

But she's got more than that to offer, OK? Heard hit the Tribeca Film Festival to celebrate the premiere of When I Live My Life Over Again, which features her in a role that's not over-sexualized. "I've been in this business for 12 years or something, and it's incredibly frustrating to be able to just now be trusted or given roles like this because this industry's very hard on women, because you're constantly asked to choose between one of two archetypes: sexy or not," she tells Indiewire. "It's incredible frustrating that a system is in place where you have to choose one or the other. I should not have to choose to be taken seriously or to be beautiful. ... The really f—ed up thing is that nobody has any incentive in this industry to invest in something other than what can be seen in you or what's the easiest thing to do."
NED EHRBAR

Stephen Hawking. ALL PHOTOS GETTY IMAGES

Hologram Hawking's One Direction theory

DON'T WORRY, TEEN GIRLS

In another universe, Zayne could still be in 1D: Hawking

Ned Ehrbar

If you had the chance to ask Stephen Hawking just one question, obviously it would be about One Direction, right? The famed physicist was appearing — via 3D hologram, because he's awesome — at the Sydney Opera House to take a few questions recently, and one of those was, "What do you think is the cosmological effect of Zayn Malik leaving One Direction and consequently breaking the hearts of millions of teenage girls across the world?"

Now, before you go and get embarrassed on humanity's behalf, just know that Hawking was delighted. "Finally, a question about something important," he responded. "My advice to any heartbroken young girl is to pay close attention to the study of theoretical physics. Because one day there may well be proof of multiple universes. It would not be beyond the realms of possibility that somewhere outside of our own universe lies another, different universe. And in that universe, Zayn is still in One Direction."

Um, guys? I think we just found a way to get kids interested in science again.

FAMILY HISTORY

Affleck not alone in unsavoury ancestry

Ben Affleck recently admitted he was embarrassed by his ancestral ties to a slave owner, but the Oscar winner is hardly alone when it comes to having a controversial family history.

Unearthing sordid details about relatives is not uncommon, according to genealogists.

"You might find somebody with a criminal record and things like that, but it's personal because it's family — it's your family," said professional genealogist Ruth Blair of Blair Archival Research based in Oakville, Ont.

"There's just great sensitivity to some of these topics."

Affleck expressed regret in a Facebook post for seeking to have the information about his ancestor omitted from the episode of Finding Your Roots which featured the actor and aired last October.

Barry Sheldon, vice-president and lead researcher of Genealogists.com, said no one should look poorly upon Affleck because of his ancestral ties, adding that individuals "can't be held guilty by association."

"We all have something," Sheldon said from Berrien Springs, Mich.

"Slavery was a way of life and it was an unfortunate way of life, at least here in the United States."

In researching his own collateral line, Ontario Genealogical Society president Alan Campbell discovered a man who had enlisted to serve in the First World War but was dishonourably discharged because of frequent drunkenness.

Meanwhile, two of the discharged serviceman's grandchildren went on to serve proudly in the military. "For them, that was a major impact, a disappointment." THE ASSOCIATED PRESS

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Justin Rose won the Zurich Classic at a tournament-record 22 under

Monday, April 27, 2015

Canucks season ends in stunning fashion

NHL

Players to hold final media availability on Monday

Cam Tucker
Metro | Vancouver

The Canucks are out of the playoffs. Now comes the post-mortem.

This season, in which many pundits had the Canucks fighting tooth and nail for a berth in the Stanley Cup tournament when this all began back in October, came to an end on Saturday. They lost Game 6 of their first-round series with the Calgary Flames, getting ousted in shocking fashion.

A three-goal first-period lead for Vancouver evaporated almost as quickly as it formed, and the Flames completed the comeback in the third period.

This season might have been considered a success. Under new management and coaching staff, the Canucks qualified for the playoffs, with home-ice advantage in the first round to boot. But what transpired against the Flames has to be considered a lost opportunity.

Under Willie Desjardins, a number of the core group of players, most notably Daniel and Henrik Sedin and Alex Burrows, experienced bounce-back seasons following what happened under John Tortorella.

Bo Horvat broke onto the scene as a 19-year-old rookie — he's now 20, having celebrated his birthday earlier this month — and showed considerable improvement as the season went along.

His offensive totals began to grow as he got more comfortable, working to be more responsible in his own end first before taking chances at the other end, and he finished the season with 13 goals and 25 points, while being used in key situations, providing optimism for his future.

His four post-season points put him into a five-way tie for the team lead in that category. His ice time in six games against the Flames was also substantially lower than the other four players on that list — the Sedin twins, Jannik Hansen and Radim Vrbata.

Why was Horvat's ice time so reduced in the playoffs? Why wasn't he given more of an opportunity to play with more capable offensive players as the series wore on?

There were other success stories to go along with plenty of questions and concerns for the future.

And what becomes of pending unrestricted free agents Brad Richardson and Shawn Matthias?

The core group is one year older, and hasn't won a playoff series since the 2011 Western Conference final.

The Flames' Sean Monahan, middle, celebrates his goal with Jiri Hudler in front of the Canucks' Brad Richardson in Calgary on Sunday. TODD KOROL/GETTY IMAGES

MOVING ON

The Flames will take on the Ducks in the second round of the playoffs.

MLS

Caps drop points at home

The Vancouver Whitecaps have been road warriors early this season. While on home turf, they've conceded valuable points.

On Saturday, the Whitecaps got off to a terrific start at BC Place Stadium, with Pedro Morales scoring two minutes into the game against D.C. United. The euphoria was short-lived. The visitors came back to earn a 2-1 victory, taking three points on the road.

Nothing for the Whitecaps, who are still atop the MLS standings but saw their record at home drop to 2-2-1, meaning they've picked up only seven of 15 points at BC Place.

Saturday's loss wasn't from a lack of scoring opportunities for the Vancouver side.

The Whitecaps fired 16 shots, including seven on target.

A second goal eluded them, however.

"Disappointed with the result, I think with chances we had we could have, should have, maybe got something out of the game. Sometimes you don't get things you deserve," head coach Carl Robinson told reporters.

"Maybe if we didn't create a chance or two chances, or seven or eight, then I'd certainly be a little more worried about it, but we did. We had some clear-cut chances even with 10 men. Moments change games."

The Whitecaps had to play the entire second half without midfielder Matias Laba, who received two yellow cards eight minutes apart and was ejected.

The Whitecaps are in Portland to play the Timbers on Saturday.

CAM TUCKER/METRO

Winger Cristian Techera made his Whitecaps debut Saturday. THE ASSOCIATED PRESS

WORLD HOCKEY CHAMPIONSHIP

Sid the Kid named to Canadian squad

Sidney Crosby is heading to the world hockey championship.

Hockey Canada announced Sunday that the Pittsburgh Penguins captain will join the men's national team in the Czech Republic for the May 1-17 tournament. He's now one of 21 players on Team Canada, which can add players eliminated from Stanley Cup playoffs, for a final roster of up to 25 total.

Sidney Crosby GETTY IMAGES

The Penguins were ousted from the first round of the playoffs following five games against the New York Rangers.

Crosby tallied four points in the series, and notched 84 points to finish third in NHL scoring during the regular season.

KRISTEN LIPSCOMBE/METRO IN HALIFAX

IN BRIEF

Wild oust Blues to set up second-round rematch

Zach Parise scored twice, including a short-handed, highlight-reel goal to get Minnesota going in the first period, and the Wild advanced to the Western Conference semifinals with a 4-1 victory over the St. Louis Blues on Sunday in Game 6.

The Wild set up a rematch of their second-round loss last year to Chicago. The Blues had their third straight first-round ouster. THE ASSOCIATED PRESS

NHL PLAYOFFS

Canadiens finish off pesky Senators

Brendan Gallagher scored in the first period and Carey Price made 43 saves as the Montreal Canadiens defeated the Ottawa Senators 2-0 to advance to the second round of the NHL playoffs on Sunday night.

Montreal won the best-of-seven series 4-2, but lost two in a row after taking a 3-0 series lead.

Max Pacioretty sealed the win with an empty-net goal with one second remaining.

Price, nominated for the Vezina Trophy as the league's top goalie and perhaps a candidate for most valuable player honours, rebounded after allowing five goals in Game 5 with a masterful effort as Ottawa outshot the Canadiens 43-20.

Montreal, which reached the Eastern Conference final last spring, is in the second round for a second year in a row for the first time since 1992 and 1993.

THE CANADIAN PRESS

The North nullified in Washington, D.C.

NBA PLAYOFFS

Lowry loses cool, Raps have no answers in series with Wiz

Raptors fans are escorted out of the Verizon Center in Washington during Sunday night's Game 4. The Raptors were swept out of the playoffs by the Wizards' ALEX BRANDON/THE ASSOCIATED PRESS

It didn't take very long for Kyle Lowry to show his built-up frustration on Sunday against Washington. Lowry and his Toronto Raptors were swept from the post-season after a 125-94 loss in Game 4 against the Wizards.

The guard's emotion from throughout the series boiled over in the first quarter.

He protested an early foul on Paul Pierce by firing the basketball to a referee as he walked off the court after a time out. Lowry earned a technical foul and moments later was on the bench with a third personal foul just six minutes 54 seconds into the game.

The meltdown encapsulated the series for Lowry and Toronto, which dropped the first-round matchup 4-0.

"It was very unsatisfactory, to be honest," said Lowry. "At the end of the day, I've got to continue to get better and I will get better."

It was a miserable week for Lowry, who battled back spasms, an illness and a leg injury, but refused to concede he was hurt. His shot was off. Foul trouble was a constant problem. The Raptors' most dynamic player, who started at guard for the Eastern Conference in this year's All-Star game, was a shell of himself in the series.

> **It's a tough end for us.**
> Raps guard Greivis Vasquez

Lowry scored a team-high 21 points on 8-of-15 shooting on Sunday. But the Raptors' defence was inconsistent, their offence sputtered and they couldn't rebound the shots they did miss.

"I've got no answers. It's a tough end for us," said guard Greivis Vasquez. "But as a team we've got to stay together."

The Wizards led 20-10 just 6:18 into the contest when Lowry was forced to the bench with that third foul. The lead grew to 20 midway through the second quarter and the game was never competitive in the second half as one Washington starter after another was pulled from the game to a standing ovation.

"I was surprised, but I kind of saw it coming," said Toronto coach Dwane Casey. "With how hard we played in the first game and overtime, emotionally I thought we were just drained."

Washington set a franchise post-season record by making 15 of its 3-point shots. It had just five turnovers in the first half. Lowry picked up his fourth foul at 6:16 of the third quarter with the Raptors down 79-61 and later knocked over a chair on the Toronto bench in anger.

"When we play unselfish basketball we're a different team. That's just the facts," said Vasquez. "It's not defence or breakdowns or any (thing) like that. We've just got to play together and when we do that, we win. They did it." THE CANADIAN PRESS

MORE NBA

Clippers 114, Spurs 105

Chris Paul had 34 points and seven assists, Blake Griffin added 20 points and 19 rebounds, and Los Angeles beat San Antonio to even their first-round series at two games apiece.

J.J. Redick scored 17 points for the Clippers and Austin Rivers provided an unexpected boost off the bench with a post-season career-high 16 points.

Chris Paul GETTY IMAGES

Cavaliers 101, Celtics 93

LeBron James scored 27 points and Cleveland overcame a shoulder injury to Kevin Love to complete a first-round sweep of Boston.

Love left the court in the first quarter with a dislocated left shoulder, and J.R. Smith was ejected for swinging his arm at Jae Crowder, but the Cavaliers held on to win a series for the first time since 2010. THE ASSOCIATED PRESS

MLB

Archer dominant against Blue Jays

The Rays' Chris Archer pitched seven scoreless innings Sunday. BRIAN BLANCO/GETTY IMAGES

Chris Archer pitched two-hit ball in seven scoreless innings and Brandon Guyer drove in four runs Sunday as the Tampa Bay Rays won their fifth straight, 5-1 over the Toronto Blue Jays.

Archer (3-2) became the first American League pitcher to go four starts within one season without giving up an earned run since Zach Greinke did it for Kansas City in 2009.

Archer gave up an unearned run in a 1-0 loss to Boston on Tuesday, but he has not given up an earned run since opening day, a span of 26-2/3 innings. His ERA is 0.84.

Evan Longoria had three straight hits and a walk for the Rays after going 4-for-4 on Saturday. THE ASSOCIATED PRESS

IN BRIEF

Few surprises expected as Herdman prepares to name womens' World Cup roster

The Canadian women's soccer team, which went from last at the 2011 World Cup to the medal podium at the 2012 London Olympics, unveils its roster Monday for this summer's World Cup campaign. There should be few surprises, although coach John Herdman appears poised to include veteran Diana Matheson in his 23-woman squad. The 31-year-old Matheson, a key cog in the team's midfield engine, injured her anterior cruciate ligament last October in a friendly and was seen last week with crutches after tweaking a foot in her comeback. Still Herdman said the 166-cap Matheson would be "given every chance."

Defender Lauren Sesselmann, who tore up her knee in February 2014, has already returned to action. Herdman has 25 women in residence including Matheson, so the cut is minimal. He will also name a taxi squad of some six players in case of injury.

"It's been a tough process but I think we've got the right people on the bus," said Herdman, who led Canada to Olympic bronze after taking the reins in the wake of the disastrous 2011 World Cup. "And those people that aren't on the bus, they're still the right people. And they'll be called on if and when required." THE CANADIAN PRESS

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Meatballs
- 4 oz lean ground beef
- 2 Tbsp bread crumbs
- 1 Tbsp finely chopped green onions
- 1 Tbsp barbeque sauce
- 1 small egg
- ½ tsp minced garlic

- 1 – 12" whole wheat thin pizza crust
- ½ cup tomato sauce
- 3 oz grated mozzarella cheese
- 2 Tbsp chopped basil

Directions

1. Preheat oven to 425 F. Spray a baking sheet or pizza pan with vegetable oil.

2. In a bowl, combine ground beef, bread crumbs, onions, barbeque sauce, egg and garlic. Form into mini meatballs (around 20).

3. Spread tomato sauce over pizza bread, scatter meatballs on top and add grated cheese. Bake for 15 - 20 minutes or until bread browns and turns crisp.

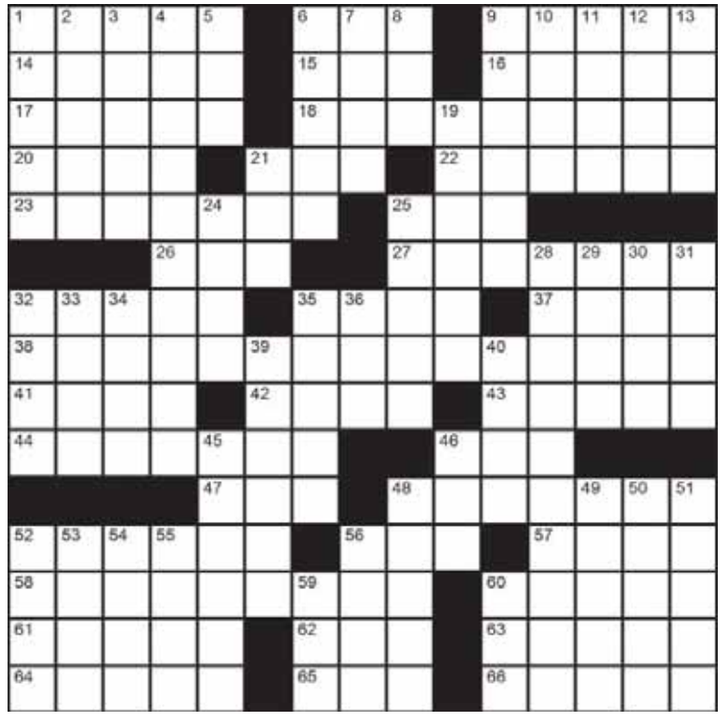
4. Garnish with basil.

Nutrition information per serving
- Calories 178
- Carbohydrates 20 g
- Fibre 0.8 g
- Protein 9.2 g
- Fat 6.5 g
- Saturated fat 2.2 g
- Cholesterol 33 mg
- Sodium 413 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "_ __. I saw. I conquered."
6. Tangle
9. Mary J. Blige's "No More __"
14. Couches
15. Ms. Lupino
16. Reddish-rose dye
17. Accumulate
18. Philippe __, Premier of Quebec
20. "What __ _ _ mind reader?"
21. Married title
22. Guns _' __ (American rockers)
23. Mount Sir Wilfrid Laurier is this BC range's highest peak, __ Mountains
25. Rusted
26. 'Moist' suffix
27. Journeys
32. Spanish wine region
35. Cat's sound
37. "The Producers" (2005) character
38. CN Tower, for example: 2 wds.
41. Gary __, Canada's Ambassador to the United States
42. Eng. is part of it: 2 wds.
43. Numbered albums songstress
44. FOX News' "The __ Factor"
46. Road type, e.g.
47. Be ill
48. Particular pickle
52. Loses one's composure in an emergency
56. Fashion designer Anna
57. Excavation for extracting
58. Pasta order
60. Countries
61. From head _ _
62. Mr. Linden
63. Accountant's review
64. Novelist's creation
65. Conclusion
66. Hillsides

DOWN
1. Abraham's offering to God
2. ,
3. Get _ __ shake
4. General Manager of the Toronto Raptors: 2 wds.
5. Cousin of -ette
6. Very tiny
7. Brouhahas
8. Greek†alphabet's 19th letter
9. Singer Lana: 2 wds.
10. Chocolate-coated caramel candy
11. Botanist Mr. Gray's
12. Muck
13. Connectors of words
19. Not on the road, as a sports team: 2 wds.
21. Canadian musician Mr. Berg
24. Kellogg's All-__
25. Intro-to-French verb
28. Montreal-born musician Melissa: 3 wds.
29. Much merriment
30. Airline of Israel: 2 wds.
31. Fully satisfy
32. Fix over again
33. "This is some priory; __, __ we are spoil'd." - Shakespeare
34. Decorative curved arch
35. Ms. Streep
36. Literary monogram
39. Church: French
40. Donated
45. Singer/host Nick
46. Sushi tuna
48. Association for crafts/trades people
49. In a way, slang-style
50. Sort of film or band
51. Aeries
52. Calif. clock settings
53. _ __ of boiling potatoes (Stove sight)
54. Intl. alliance created in 1949
55. Prince __ (Alexander Borodin opera)
56. Comic books legend Mr. Lee
59. Definite article
60. Petri dish locale

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If something goes wrong over the next 24 hours there are two approaches you can take: either you can look round for someone to blame or you can take responsibility yourself. Make it the latter.

Taurus April 21 - May 21
There will be a clash of egos as the new week begins and although you won't be directly involved you will be affected. Under no circumstances agree to take sides, because even if you choose right you will lose out in some way.

Gemini May 22 - June 21
You will clash with someone whose opinions you don't much like today, but if you stay calm and think logically you may discover that what they are saying has an element of truth in it.

Cancer June 22 - July 23
You will find yourself up against someone who is every bit as immovable as you, so the best you can hope for is a stalemate. Don't waste your time and energy on battles like this that cannot be won.

Leo July 24 - Aug. 23
Be careful what you say as the new week gets underway because the planets warn you could say far too much. You may have been able to laugh off your big mouth in the past but now others won't be quite so forgiving.

Virgo Aug. 24 - Sept. 23
Your sixth sense is telling you that something is wrong with your life and needs to be fixed. There will be a lot of upheavals over the next few days – use them to disguise your own mini revolution.

Libra Sept. 24 - Oct. 23
If you hesitate for even a moment today you could miss out on an opportunity that may not come again for a very long time. Make sure you stay alert over the next 24 hours.

Scorpio Oct. 24 - Nov. 22
You won't hesitate to speak your mind today but be careful because certain people have got it into their head that you could do with being taken down a peg or two. Be confident but be tactful too.

Sagittarius Nov. 23 - Dec. 21
According to the planets you have been focusing on trivia and missing the big stuff. You will mentally kick yourself later if you look back and see what you might have achieved.

Capricorn Dec. 22 - Jan. 20
If you take a risk of some kind over money today it may pay off, but even if it does you must not cast aside your usual cautious Capricorn nature. You of all people should know that it's not about risk, it's about hard work.

Aquarius Jan. 21 - Feb. 19
If someone promises you the world and fails to deliver today you will no doubt be angry, but you should be at least as angry with yourself as you are with them. You knew they were aiming too high and you should have told them.

Pisces Feb. 20 - March 20
Try not to let your imagination get the better of you today, because once it heads off in a crazy direction it may be hard to bring it back to reality.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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